

The Breeze

JMU'S AWARD-WINNING NEWSPAPER SINCE 1922

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Valentines Day
edition ♡

LOVE
is in the
air
(for some)

Safe sex?

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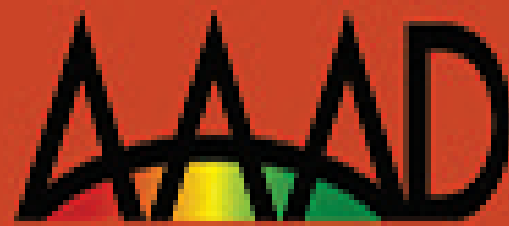
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v11.05.20

NEWS

EDITORS Connor Murphy & Carley Welch **EMAIL** breezenews@gmail.com

Enough to eat

Local business hosts fifth annual food drive for Blue Ridge Area Food Bank

By **KAMRYN KOCH**
The Breeze

Josh Harold grew up attending St. James United Methodist Church in Pleasant Valley, Virginia. The small church's regular acts of service to the local community ingrained Harold with the desire to give back.

After he was hired as taproom manager at Brothers Craft Brewing in 2016, Harold formed a partnership with the Blue Ridge Area Food Bank (BRAFB) the following year to host a food drive every February.

"I've always been one that's very philanthropy-minded," Harold said. "To have that as part of my workday, to be able to organize things like this ... that's pretty powerful. It feels really good to be able to help out and do more than just the day-to-day of brewing and serving beer."

This month marks the fifth year partnering with the BRAFB. Harold said he chose to partner with the nonprofit because of its large impact on the Shenandoah Valley. He decided on the month of February, he said, because he wanted to provide extra help to the food bank during the winter post-holiday season.

Alongside the "Souper Bowl February Food Drive" is BCB's monthly Casks for a Cause event, which began in 2018. This event benefits a different nonprofit each month by "creating and selling 5 gallons of a special event beer with the proceeds going directly to the cause," according to a press release. The goal is to "kick the cask" — the barrel used to store the specialty beer — and raise \$200. On Feb. 19, this event in BCB's taproom will benefit the BRAFB, with separate to-go and curbside options available.

Harold said BCB has donated about 100 pounds of food from the combined food drive and Casks for a Cause event in February each year, which results in 700-800 meals. BRAFB Media and Community Relations Manager Abena Foreman-Trice said community food drives account for 3%

of the donated food that comes to the food bank.

"We have many wonderful community business partners who have stood with us in our fight to ensure everyone has enough to eat," Foreman-Trice said. "Community food drives are a significant way for the food bank to receive food donations."

At the beginning of the pandemic, Foreman-Trice said the BRAFB had to step back from encouraging the public to host community food drives in an attempt to mitigate the spread of COVID-19. As more safety recommendations have become clear, she said there's been a slow comeback.

The pandemic has also impacted the percentage of people seeking food assistance from the food bank. Foreman-Trice said the nonprofit has experienced an average of 16% more visits per month since March — this trend peaked in May at 26%.

"BCB hopes to once again come together as a community to support this very important organization," the press release said. "The efforts made each year by the BRAFB to feed the hungry in 25 counties and 8 cities is a huge undertaking; even more so with so many more in need this year."

Although Harold said the food drive started out slowly, he said he thinks it'll pick up in the middle of the month after enough word gets out. This year, there's an option to donate on the BRAFB website "to further consider the comfort and safety of the public," according to the press release. Harold said other fundraising events this year have gone well and have been consistent, especially because of social distancing measures and to-go options.

"To me, [giving back] means a ton," Harold said. "Being that part of the community and doing more than just managing clientele makes this more rewarding for all involved."

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A BRAFB staffer carries sacks of potatoes outside Harrisonburg High School.



A BRAFB volunteer works at a Mobile Food Pantry during the COVID-19 pandemic. Photos courtesy of BRAFB

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RIGHT TO COUNSEL

SGA proposes a student legal service at JMU

By **EDA TERCAN**
The Breeze

Student Legal Services (SLS), which would provide free or reduced-price legal consultation to students and would educate the student body of its rights on and off campus, is SGA's latest initiative at JMU.

Student Body President Dela Adedze first proposed this initiative to Vice President for Student Affairs Tim Miller in March 2020, and in September 2020 the SGA resolution was introduced. He has the approval of President Jonathan Alger, who Adedze said told him he loves the idea, as well as Board of Visitors member Christopher Falcon.

"We definitely had a lot of administrative support as well as introduced it to faculty members who like the idea," Adedze said. "It's just been moving a little bit slowly."

On Jan. 26, SGA sent out an email with more information and a link to a survey in order to "assess student legal service needs and how we can address them." As of Feb. 9, the survey had 493 responses.

The survey asked if students would benefit from the program, with the options consisting of "benefit a lot," "benefit somewhat," or "would not benefit." The survey showed that 81.63% of respondents thought students would benefit "a lot" from this program. When asked how easy it was for JMU students to access legal services, 49.18% said legal services aren't accessible for students.

The survey, which Student Body Vice President Ryan Ritter helped write, explained that consultation and aid could include — but isn't limited to — issues regarding leases, criminal charges, traffic violations, contracts, employment, consumer issues and immigration.

"Legal representation is one of the most expensive things that's out there," Ritter said. "Having a one-stop shop where you can get free or incredibly reduced-price legal consultation would be very helpful."

SLS programs are active at over 300 campuses nationwide, including Virginia Tech, William & Mary and University of Virginia. Adedze said this program is mostly available at schools with law schools, but

Virginia Tech has made the program work since 1982 despite not having a law program.

"The cool thing about Virginia Tech's model is that this is available through their student activities fee that students at Blacksburg's campus pay, so they pay an estimated \$2-3 in their fee," Adedze said. "With us, I would like it to be under our student activities fee as well."

Adedze said students at JMU pay \$816 in student fees. In the survey, 45.92% said they'd accept a slight increase in fees to support the program, 43.06% said they needed more information, 9.8% said no, and 1.2% chose other, leaving responses of their opinion.

In one of the responses on the survey, one student commented, "The school blows so much of our money on things students don't want. Redirect money into this." Another responded similarly, commenting, "Or you could just get rid of one of the other useless programs here at JMU first, instead of adding on money no matter how little."

SGA advisor and Associate Director for the Center for Civic Engagement Carah Whaley said she thinks it's an "absolutely valid point" to want the money to fund the

program to come from somewhere else. However, it raises the question of where it'll come from and who'll make that decision.

"Other universities in Virginia, but also across the country, incorporate students into budget decision-making far more, whereas JMU students don't really have a lot of say in budget decisions at JMU," Whaley said. "This process has continued to raise questions about the role of students in governments and the importance that students have of a voice in making decisions and how they should be included."

Ritter said the administration wants to see more student input before it makes any kind of decision, so the more responses to the survey, the better.

"I think JMU as an administration is focused on improving other programs at our university," Adedze said. "Which isn't necessarily a bad thing, but this is just another thing on the agenda that we should push for."

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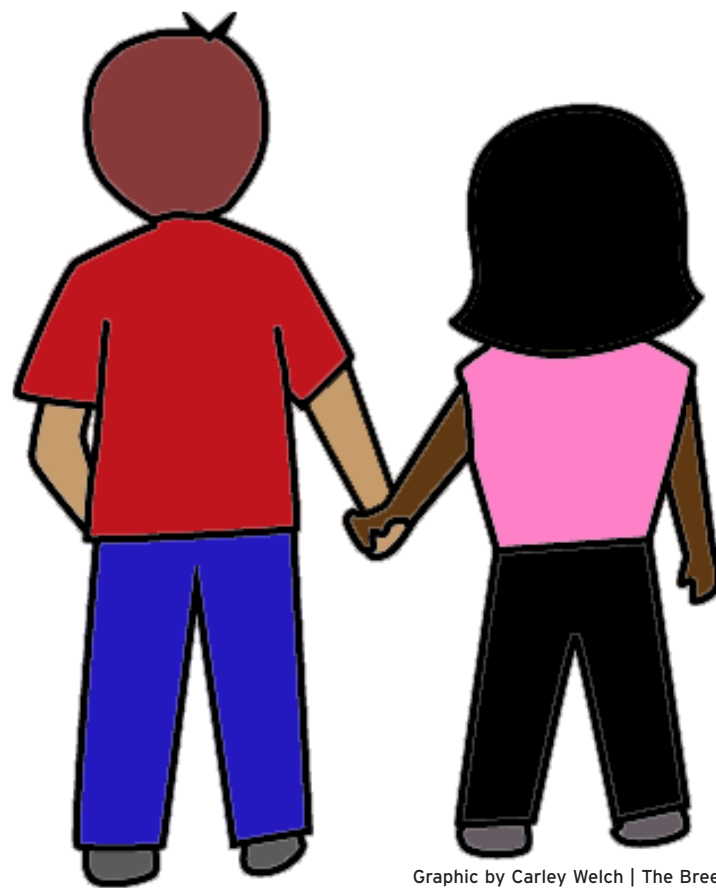
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the pill

abstinence

consent

STIs

unwanted pregnancies

condoms

birth control

pregnancy tests

Graphic by Carley Welch | The Breeze

Reduce the risk

Safe sex and education at JMU

By JAKE CONLEY
The Breeze

As Valentine's Day approaches at JMU, sex and romance are in the air, and with that come both the positive aspects and not-so-positive possible outcomes of sexual activity.

Dayna Henry, a professor in JMU's health sciences department who specializes in sexual health and education, said that while some students may not place much weight on maintaining their sexual health, it should be treated just the same as other facets of one's physical and mental health.

"Sexual health is ... not separate from your overall health and well-being," Henry said. "A lot of times, people think of it as, like, icing on the cake or not something that they really think about that much ... but that's actually not true. It's just as important to prioritize your sexual health as all other aspects of your health and wellness."

A junior-year student in the School of Art, Design and Art History (SADAH) who requested anonymity on behalf of privacy concerns expressed that because of an often-lacking provision of health sexual education to young adults, it can be difficult for some to

be open about their sexuality and their needs. However, she said, sexual health should be viewed as a positive aspect of one's life.

"I think it's just, like, because it's not taught in a lot of places, and I think it's important to get a good message across so that people can, like, be comfortable with themselves," the junior-year SADAH student said.

Jordan McCann, interim associate director of The Well and sexual health coach, also expressed that sex should be a positive in students' lives if they choose to be sexually active and that it shouldn't be looked at from a negative point of view, no matter how they choose to express their sexuality. As Henry said, "Sex isn't just about genitals coming out to play."

"Sex is meant to feel good," McCann said. "Most people in college and young

adults are not having sex to create life or have children for the most part — they're doing it because it feels good, and that's totally valid, and we don't want there to be any sort of negative or bad shame that comes with it. So, that's

why we do the education about the potential risks."

Henry, whose research interests include sexuality education, said that while stereotypes of "hook-up culture" and similar terms often pervade college campuses, sexuality and positive sexual health should be individually defined, echoing the SADAH junior's mention

of comfort. Being open with oneself and one's partners, and responding to one's needs, she said, makes it easier to pursue a sexually healthy lifestyle.

"I think that for students who want to participate in ['no-strings-attached' sex], sometimes they feel guilty around

that, but perhaps they're like, 'I'm not looking for anything more serious right now — I just want to get my needs met,'" Henry said. "If you're clear on your objectives for going into a sexual relationship, and you're open and honest with your sexual partners about that, all kinds of sexual encounters can be pleasurable and fun and, you know, meet your needs."

And while positive sexual education also talks about possible negative outcomes of sexual activity — such as sexually transmitted infections (STIs) and unintended pregnancies — Henry said education shouldn't be approached from a standpoint of sex as as risky or dangerous behavior, and should instead be framed from a positive point of view as a healthy activity.

"A lot of sexuality education focuses on avoiding the risks and consequences, especially in young people ... and I think that is the wrong way to go about it," Henry said. "We need to take a pleasure-first approach ... Rather than focusing on the negatives of sexuality, focusing on the positives: the idea that it's for stress relief or tension relief, for connection, for expressions of love and intimacy, or literally just physical gratification."

"Sex isn't just about genitals coming out to play."

Dayna Henry
Health sciences professor

The Well, a branch of JMU’s University Health Center (UHC) that focuses on “health promotion and well-being,” according to its website, lists many resources for sexually active Dukes. Among these are sexual health coaching sessions, sexuality workshops and “safer sex centers” where students can pick up items such as condoms and other safety measures such as emergency contraceptive pills through the pharmacy. These resources, McCann said, are designed to help students safely navigate their expressions of their sexuality.

As Henry said, “We want to be aware of the potential negative outcomes, but if we don’t acknowledge the positives, then it’s not the best way to go about talking with young people about their sexuality.”

And the UHC has seen both the positives and negatives. According to data provided to The Breeze by JMU spokesperson and director of communications Mary-Hope Vass, the UHC performed over 1,800 STI tests in the last calendar year: 973 in the 2020 spring semester, and 935 in the 2020 fall semester. Additionally, the Center performed 54 “urine pregnancy tests” in the 2020 spring semester, and 65 in the 2020 fall semester.

McCann said that while students may feel as if they’re an anomaly when worrying about the possibility or certainty of having an STI, it’s much more common than people think, and that the culture of shame around STIs isn’t healthy or productive.

“[We know] their fear of ‘Do I have to tell my partner,’ ‘Will future partners know and do I have to tell them,’ ‘Will people

think I’m gross?” McCann said. “Our society, unfortunately, because of the lack of comprehensive positive sex education has created this narrative that having STIs means someone’s a bad person, or that they’re dirty even though the data shows that they’re very common.”

The Center’s website has its own dedicated page for the possible consequences of sexual activity, including STIs and unintended pregnancies. On the website is a chart of STIs the Center tests for, along with descriptions of who should get tested for each and how often, as well as a list of “Tips for Risk Reduction.” Those include reducing one’s number of partners, engaging in “low-risk” sexual activities and avoiding excessive substance abuse. McCann stressed that while many students may think of STIs as a physical consequence of sex, the fear or worry surrounding them also affects one’s mental health, which is why she tries to dismantle the “dirty” culture around them.

“If someone is worrying about if they are pregnant or worrying about what to do if they become pregnant, if they are worrying about having an STI ... if someone’s thinking all those things, it’s impacting their mental well-being, it’s not setting them up for success in their classrooms,” McCann said.

The junior-year SADAH student said that from what she’s seen, JMU does a good job of presenting its students with a range of resources and educational tools to encourage healthy sexual activity.

“I know that JMU has a lot of, like, good

resources and, like, opportunities to, like, learn about sex education, and I think it’s, like, very good to, like, take advantage of, like, the opportunities that they’re giving,” the junior-year SADAH student said.

Both Henry and McCann emphasized repeatedly that there’s no need for a taboo culture of shame or fear around sex and that if students are ready to engage in sexual activity, they should come with a positive mindset as an extension of all other aspects of their health. As McCann said, “Sex is meant to feel good.”

“We don’t come out of the womb knowing how to have ‘good sex,’” McCann said. Which, if people are having sex, we want it to be good.”

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The University Health Center conducted over 1,800 STI tests in the last year. **Breeze file photo**

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Dear Valentine,



This week, Valentines were submitted instead of our usual Darts & Pats. Check out the full list of Valentines on The Breeze's Twitter.

To the cat in the apartment next to mine, my cat is obsessed with your cat. When he sees (her? him?) he meows constantly.

From your cat's secret admirer's owner.

To "T," I really like you except you turn down the radio in the car when you talk.

From "C."

To sweet dlanez, u sweet sweet idiot, i will always love u unless u go back to ur ex

From "b."

To Caramel, I miss when you would lick cream cheese out of my pits

From peanut.

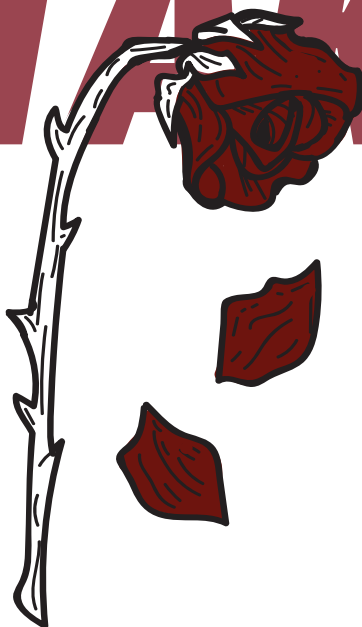
To all my girls, I hope everybody has a banging weekend, positive vibes only!

You make me happy when skies are gray.

To Busch Light, I love you. Always.

From me.

DOUBLE TAKE



It feels like most people on dating apps only want hookups. Adrian Swancar / Unsplash

Two columnists debate whether dating apps are actually worth it

Destined to fail?

JULIA CHENG | just julia



Tinder, Bumble and Hinge are some of the most well-known dating apps. The infamous Tinder man holding a fish is a quick swipe to the left, especially when they populate

the entire feed. Swiping becomes tiring and boring, especially when one isn't getting many matches or seeing a variety of options. As Rachel Thompson of Mashable said, "You swipe, you match, you ... never speak to them."

The method of swiping either right or left provides users a quick way to match with others they're interested in. The concept of these apps seems like an easy and efficient way to find a significant other, but that's not always the case. The COVID-19 pandemic also affects the capability of these apps; it's extremely difficult to make meaningful connections while social distancing. On top of that, it's not safe to constantly meet new people because of the risk of spreading the virus.

One's purpose for using a dating app also gets in the way. According to a study done by Psychology Today, 51.5% of people believe that Tinder is designed for hookups while 33.5% of people believe it's intended for dating. If someone is using a dating app in search of a

long-term relationship but constantly matches with people looking for hookups, it'll be difficult for them to find what they're looking for. It's a constant challenge to find someone who has the same needs.

For those looking for a relationship and not a hookup, I advise to steer clear of dating apps. Creating an account on these apps can get one's hopes up for finding something stable, when in reality, many users are using dating apps for hookups.

Men especially have difficulties with dating apps. According to Time, men swipe right on 46% of potential matches whereas women swipe right on 14%, meaning that it's more difficult for men to have options. As the standards of women who have more options increase, they swipe right less.

Tinder, perhaps the most popular dating app, has a reputation as a hookup app for short-term flings. In Tinder's 2018 survey of more than 1,000 users from 18 to 25 years old, 72% said they have consciously chosen to remain single for a period of time. Being the most popular app, many singles download it hoping to find something long lasting, but they may have difficulties looking through a sea of conscious singles.

Dating apps also tend to be based on looks more than personality. For example, in order to message someone on Tinder, one has to swipe right on them. Although users are able to add a biography and music interests, that doesn't mean that they will. Empty bios make it difficult to start a conversation when there's

nothing to go off.

On the other hand, apps such as Appetence and Taffy promote personality over looks. They don't allow users to see photos until they message. Unfortunately, these apps aren't as popular, and the majority of dating apps still rely on appearance.

Most dating apps tend to use "collaborative filtering," which is an algorithm that detects what the user likes and then provides recommendations based on preferences of others, explaining why a user may see many similarities every time they refresh their feed. Additionally, some apps will use face-mapping to capture physical features a user has preference for. If apps continue showing the same person repeatedly, it becomes boring and repetitive, keeping users single.

Dating apps are also addictive when it comes to likes, keeping users single and wanting more. Psychologist Dr. John McAlaney said in an interview with Cosmopolitan, "feeling rewarded is a basic psychological desire." Similar to gambling, it's difficult to stop when you're continually being swiped right on.

Hinge's catchphrase is that it's "designed to be deleted." While dating apps may be successful for some, there are many factors that play a role in one's success. Although they may be "designed to be deleted," dating apps aren't the best way to find a relationship.

Julia Cheng is a freshman media arts and design major. Contact Julia at chengjm@dukes.jmu.edu.

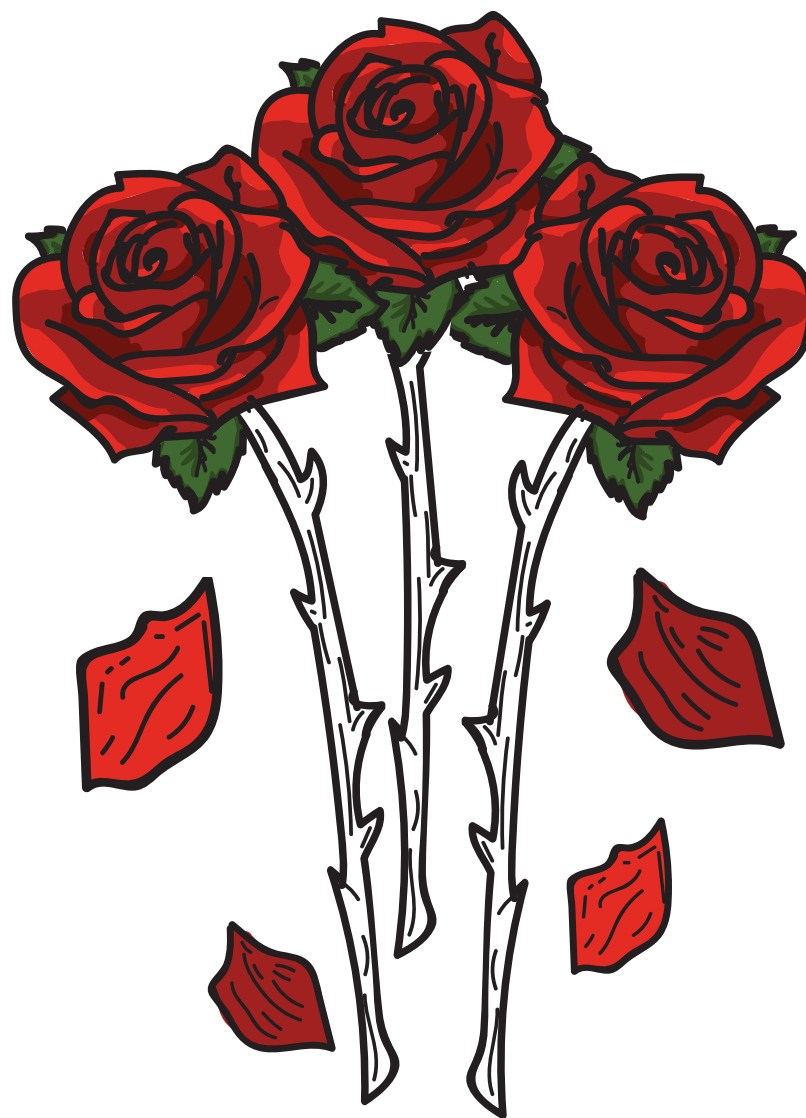
Editorial Policies

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The Breeze reserves the right to edit submissions for length, grammar and if material is libelous, factually inaccurate or unclear. The Breeze assumes the rights to any published work. Opinions expressed in this page, with the exception of editorials, are not necessarily those of The Breeze or its staff.

Letters and guest columns should be submitted in print or via e-mail and must include name, phone number, major/year if author is a current student (or year of graduation), professional title (if applicable) and place of residence if author is not a JMU student.



...or destined for love?

SUMMER CONLEY | summer in the south



asked us where and how we'd met. Movies and books and songs describe these fateful encounters, but they don't talk about swiping right on a dating app.

My parents warned me about internet predators — men lurking in basements and alleyways, taking full advantage of the anonymity of a screen. An entire TV show is dedicated to the art of "catfishing," or pretending to be someone else on the internet.

This generation is different, though. Born into the age of technology and the world wide web, I feel more confident about networking with people from around the world. Those internet people remain close confidants and friends regardless of how we met.

Meeting someone in the 21st century looks a bit different than before, but that doesn't mean it's any less meaningful.

So I downloaded Bumble, as an extroverted introvert starting my sophomore year at JMU, just to see what would happen. I don't think I was quite prepared for what came next.

As it happens, I was born and raised in

I never imagined that I could fall in love with someone that I met on an app. But in the early fall of 2019, I did just that.

At first it was awkward when people

Elkton, Virginia, which boasts a population of nearly 3,000. A day in the woods with my little dog and my camera is ideal. I have to travel at least once a year. I'm fiercely devoted to social activism. I don't like loud cities or competitive sports or flipping through a comic book.

And yet I fell in love with an aspiring author who proudly dons a Celtics jersey and calls Charlottesville, Virginia home, and I have the internet to thank for that.

I never would've sought out someone so antithetical to myself.

But these differences brought us closer together, in fact. Our personalities are loud and unapologetic, though we channel it in different ways. I've found that the same way my mind can remember the names of politicians and court cases, his can recall basketball players and

origin stories.

I'm forever in debt to the universe for handing me a partnership that's endured a pandemic, which has eaten away at nearly

three-fourths of our relationship. I never would've been able to trudge through two semesters of university on a computer screen had it not been for his grace and wit.

Whether it's happenstance or serendipity, I'm grateful to have downloaded Bumble.

This isn't to say that the internet isn't full of creeps and jerks, and I've had my encounters with them too. Dating apps can be nightmares to navigate.

However, I can attest to the fact that the internet can act as an

avenue for connection, friendship and love.

A global pandemic has digitized many aspects of life, and dating is no different. A generation has grown up in the era of the internet. I downloaded Bumble with an



Many people start successful relationships online.

understanding of the risk, but I was armed with an adolescence that taught me how to be safe online.

I made sure to meet my match in a very public place. I never shared my address either. I only agreed to meet up after talking briefly on the phone, though I suggest chatting on a virtual date before making plans. Safety is a priority when deciding to pursue relationships online.

The potential risk and danger of digital romance has created a stigma around the entire ordeal, but there's no reason to be embarrassed or ashamed of connecting with someone online.

A nationally representative 2017 survey of American adults conducted by Stanford University found that "about 39 percent of heterosexual couples reported meeting their partner online, compared to 22 percent in 2009."

Modern love looks a little different than before, but that doesn't mean it isn't real, tangible and lasting. The internet can be used for a variety of things: hookups, meeting new friends, finding study buddies or trying to find love.

The internet can be a safe place for introverts and a network for extroverts. Social media has connected the world in an unprecedented and logic-defying manner. Attempting to ignore the potential that the world wide web offers isn't only futile, but it's also wasteful. There's an entire world of people who think, act and love just like me — I can't wait to know them.

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Thursday, February 11, 2021

Stop saying 'handicapped'

Leave euphemisms behind,
just say disabled people

CAROLINE O'TOOLE | caroline's corner



The word "handicapped" comes with heavy baggage. One common misconception is that the word "handicapped" originated in 1504 after a war in England, which left many veterans disabled.

A "disability" is something that's medically definable and limits the person in some way. For example, a blind person is disabled at a restaurant that doesn't have a braille menu, but they aren't when a restaurant does have an accessible menu.

What I find interesting is that it seems like nondisabled people feel more comfortable with using euphemisms such as "handicapped" or "differently abled" as an attempt to not offend people with disabilities, when in reality all euphemisms do is add to the fear and stigma that already exists around disability.

Many of these euphemisms carry connotations that make it seem like being disabled is a negative quality, according to another disabled writer on the Center for Disability Rights. These euphemisms tell disabled people they should be ashamed of their disability and that they can't live independent and successful lives. When someone is labeled as handicapped, they're told that they aren't valuable members of society and that they don't have any talents or skills to contribute to a job or to their schoolwork.

After the Americans with Disabilities act was passed in 1990, people began to redefine what disability meant, according to the Disability Rights Education & Defense Fund. Over the past few years, this movement has only gotten bigger, and the disability community has begun to take back their identities as people.

While there are some people who don't mind disability euphemisms, others are speaking out against them and trying to educate nondisabled people on why they can be offensive. When the word "handicapped" is used, it takes away from any progress that's been made in fighting for accessibility over the last few decades.

"While there are some people who don't mind disability euphemisms, others are speaking out against them and trying to educate nondisabled people on why they can be offensive."

Caroline O'Toole
Opinion writer



Nondisabled people need to learn and use the correct terminology. Rasmus Gerdin / Unsplash



Disabilities truly come from a lack of accessibility. Robert Ruggiero / Unsplash

Even though the disabled have started speaking out more about accessibility and inoffensive terminology, we’re still horribly underrepresented both in the workforce and in the media. It’s just as important for nondisabled people to be allies for the disability community. This can be done by speaking out against offensive language, hiring disabled people and finding ways to make the world more accessible to those of us who need it.

The bottom line is that people with disabilities are people first and disabled second. If there needs to be some term used for this community, then saying something like “the person who’s blind”

or “the person in the wheelchair” can come across as the least offensive way of referring to a person with a disability.

As a society, we’ve come a long way from where we started in the 20th and early 21st century, but we still have a long way to go. However, one thing that we can change today is how we refer to the disabled community. If these people are seen in a positive light, then more change will come, and this community can more easily lead successful lives.

Caroline O’Toole is a junior media arts and design major. Contact Caroline at otool2ce@dukes.jmu.edu.

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Thursday, February 11, 2021

Gals night in

Six activities for a COVID-friendly Galentine's Day celebration

By **CHARLOTTE MATHERLY & GRACIE BROGOWSKI**
The Breeze

Valentine's Day is a holiday to celebrate love and affection toward one's significant other, but it can also be a celebration of love for friends. Many women enjoy celebrating the holiday tradition of Galentine's Day. Here are some ideas for a great girls night.



Painting tutorial

A creative activity to do with friends is a group art class. There are many studios that let people schedule a private class, but that might be affected by some COVID-19 restrictions. However, that doesn't mean it can't become

an at-home activity. A group of women can purchase art supplies, hop on a Zoom call and follow a Bob Ross tutorial on YouTube. Another idea is to paint in-studio in Harrisonburg for a group session like OASIS Fine Art & Craft or You Made It.

Wine tasting

Another potential Galentine's Day activity is be visiting a local vineyard. While some are beginning to open, one can also host their own virtual wine tasting. Have each friend pick a specific wine bottle, then everyone splits the cost. Once one is home, start a video chat with everyone else and taste each wine simultaneously. As a way to cleanse one's palate, make a cheese or charcuterie board to go with the wine.

Makeup or nail tutorial challenge

There are so many videos on YouTube of people doing different makeup looks. Some may be an everyday routine, and others can be extravagant and eye-catching. A group of friends can agree on a tutorial, try to follow along and see who looks the most accurate to the video. For those who aren't into makeup, there are plenty of videos about nail design tutorials so one can see how well of a manicure they can do.

Big Mozz cooking class

Big Mozz is a culinary school located in Manhattan, New York. It offers several classes for people who are interested in making homemade mozzarella cheese. But with the pandemic, it isn't having in-person

classes. Instead, it's offering Zoom classes. One can get a group of friends, schedule a class time and the school will mail everyone the ingredients needed to follow along.

Movie night

Movies are a staple of any Galentine's Day celebration. It can be done with one's roommates, but it's also one of the easier traditions to uphold during the pandemic. With most streaming platforms offering a watch party option, people can celebrate together whether they live next door or across the country.

Some may enjoy chick flicks like "A Walk To Remember" or "The Notebook," while others may opt for classic films like "Dirty Dancing" and "Grease."

Virtual cooking session

One way to bring the party to everyone's home is to have a virtual cooking night. This can easily be done by using the same recipe and cooking together over Zoom. To make things less complicated, the group could also order the same meal kit for each home. Many companies like Blue Apron and HelloFresh

offer these services, and if the meals arrive prepared but not cooked, making it a fun and easy option to coordinate.

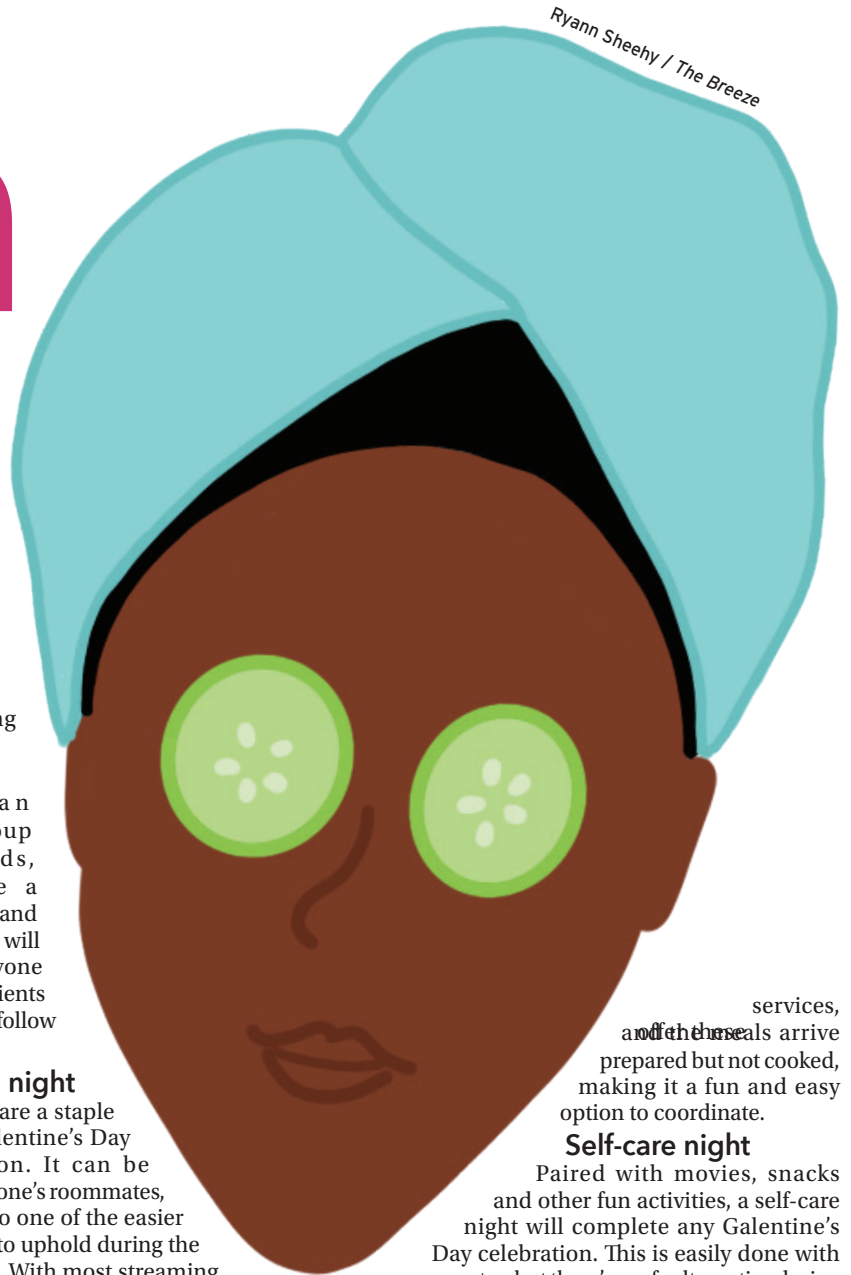
Self-care night

Paired with movies, snacks and other fun activities, a self-care night will complete any Galentine's Day celebration. This is easily done with roommates, but there's a safe alternative during the pandemic as well. If everyone celebrating lives in the same city, they can make self-care baskets for one another. It'd be like Secret Santa because each person draws a name and then makes a gift basket for their chosen recipient.

Self-care gift baskets can include small gifts like candles, face masks, nail polish, candy, lip balm and socks. Drop the baskets off at each person's house, and the activities can be done together over Zoom.

Even with COVID-19 disrupting many normal facets of life, there's no need to cancel this year's Galentine's Day celebration. These fun traditions can be done together in one's home or virtually over Zoom, ensuring a fun and relaxing girls night.

CONTACT Charlotte Matherly at mathercg@dukes.jmu.edu and Gracie Brogowski at brogowsx@dukes.jmu.edu. For more on the culture, arts and lifestyle of the JMU and Harrisonburg communities, follow the culture desk on Twitter and Instagram @Breeze_Culture.



Ryann Sheehy / The Breeze





Ryann Sheehy / The Breeze

ALL BUNDLED UP

Romantic activities to do in the cold weather with one's significant other

Reddish Knob is a romantic destination to watch the sun set. Breeze File Photo

By **AMY NEEDHAM**
The Breeze

With Valentine's Day rapidly approaching and the possibility of even more snow looming, couples may be struggling to find date ideas that are appropriate for cold weather conditions. Here are six winter-friendly options to make the most of this chilly Valentine's Day.

Watch the sunset at Reddish Knob

Located about an hour outside of Harrisonburg, Reddish Knob sits atop Shenandoah Mountain on the border of Virginia and West Virginia. A long, gravel road brings visitors to a parking lot at the peak, which provides 360-degree views. It's the perfect place to watch the sunset from the comfort of a heated car.

Go sledding by Sentara Park

One will find the perfect sledding hill adjacent to Sentara Park off Neff Avenue. The long, steep hill stretches far and wide — but sledders should make sure they stop before reaching the parking lot at the bottom. Couples can grab their favorite sled or get creative with objects sitting around the house and take advantage of the snow.

Shop at Agora Downtown Market

The market located in downtown Harrisonburg has a variety of shops to choose from. One can find unique gifts for their significant other while also supporting small businesses. Couples can go for a coffee date at Broad Porch Coffee Co., pick up some knitting supplies from Rocktown Yarn or shop at three different clothing stores inside.

Have an indoor picnic

For those unwilling to leave the comfort of their home, indoor picnics are an ideal pastime. Couples can clear a space on the floor and curl up with blankets, pillows and snacks while watching a favorite movie. It's a fun, romantic activity to do without ever having to leave the warmth of the indoors.

Decorate heart-shaped cookies

For the couple who likes to bake, decorating sugar cookies is another fun yet simple activity that's sure to please everyone and leave the house smelling delicious.

More adventurous bakers can make them from scratch and amateurs can grab a container of premade cookie dough from the grocery store. Couples can even have a competition to see who can decorate the best cookie.

Build a snow fort

With more snow likely coming soon, one should throw on their warmest clothes and make the most of their snow days before spring arrives. Couples can build a simple snowman or try their luck at constructing a snow fort. It's the perfect place to take shelter in the event of a surprise snowball fight.

While cold, snowy weather may not be the ideal date environment for some couples, these activities are the perfect opportunity to embrace this wintery weather while still enjoying each other's company.

CONTACT Amy Needham at needhaal@dukes.jmu.edu. For more on the culture, arts and lifestyle of the JMU and Harrisonburg communities, follow the culture desk on Instagram and Twitter @Breeze_Culture.



Consider having a coffee date at Broad Porch Coffee Co. downtown. Matt Young / The Breeze

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Thursday, February 11, 2021



Sisson and Atwell bonded over the outdoors. Courtesy of Alyson Sisson



Chandler's wedding will be in June. Courtesy of Hunter Carrico



Knave and Crumpler's relationship blossomed during the pandemic. Courtesy of Morgan Knave

Committed to love

Students find life-long relationships before graduation



Ryann Sheehy / The Breeze

By CAMRYN FINN
The Breeze

As Valentine's Day approaches, more and more people will turn on their TVs and watch iconic love stories come to life. For these students, the real love story is unfolding much closer to home.

Samantha Magdaleno and Paul Kelley

Samantha Magdaleno, a senior social work major, is constantly counting down the days. Her relationship has always been under a strict schedule because of her fiancé, Paul Kelley's, schedule as a senior at the U.S. Naval Academy. The waiting may seem never ending, but it's worth it when they finally get to reunite.

"Since we only get to see each other like once a month we are, like, literally glued at the hip," Magdaleno said.

Both hailing from military families, the couple met their freshman year of high school when their fathers were both stationed in Quantico, Virginia. After years of being friends, they started dating their senior year of high school.

After four years of long-distance dating, the couple got engaged over winter break 2020. He popped the question at Magdaleno's family home in Florida and, after accepting, the pair headed back to Virginia. The shock of their new situation finally hit Magdaleno as they were driving through Richmond and she burst into tears.

"That was my last time going home for a long period of time because I'm going to go home after graduation for maybe three or four weeks and then I'm a married woman," Magdaleno said. "That just really, really settled in, like, life is getting real and he and I are making a family of our own now."

The couple plans to marry in June in between Kelley's graduation and commission. While it may seem like a short timeframe to some, Magdaleno said it makes perfect sense for them.

"We've been apart long enough; I just want

to be with him," Magdaleno said. "So I see no reason to wait a year to plan a wedding, if we can do it in four months."

After their wedding, the couple's plans are up in the air. Kelley will be commissioned in the Marine Corps, following in the footsteps of both of their fathers, and Magdaleno hopes to pursue a real estate career following graduation. They're very different from the 14-year-olds that met in high school eight years ago, and they'll continue to be different people as the years go by, but what's most important is that they'll change together, Magdaleno said.

"We've grown a lot, and we're going to continue to grow," Magdaleno said. "I've seen like two different forms of him now, seeing him grow just throughout the stages, and so getting to see even more forms of him throughout our lifetime is going to be very rewarding to be a part of."

Alyson Sisson and Christian Atwell

For Alyson Sisson, a senior interdisciplinary studies major, nature has always been a comfort. Specifically fishing and being on the water, as she grew up boating on the Eastern Shore. A love of nature is also something that connects her with her fiancé, Christian Atwell.

It only made sense that his proposal last May would reflect their shared love. The couple went to a pond they frequent under the guise of training new hunting dogs. What Sisson didn't expect was that when one of the dogs returned it would be holding a hunting dog bumper with the words, "Will you marry me?" written on it.

"That place does mean a lot to us but it did not go through my head that maybe we were driving to go somewhere where he would propose to me," Sisson said.

The couple had met in their freshman year of college through the campus ministry Young Life. They began dating the next year after going on a skiing date. In addition to nature, the two also share a love of travel, watching movies

and Chuck E. Cheese. Because of this, Sisson said an arcade was a necessity when looking at honeymoon destinations.

Since their engagement, Sisson has been hard at work planning for their July wedding.

"I have, like, a billion spreadsheets for, like, every single part of wedding planning," Sisson said. "With [COVID-19] I definitely want to be organized in case things changed."

While planning has been crucial, Sisson has also made sure to take time to simply be engaged. She doesn't want her and her fiancé's relationship to now be minimized to just planning, spreadsheets and specifics.

"All planning just took a pause because I definitely felt like school and wedding planning and just, like, dating each other was a lot," Sisson said. "I felt like the dating each other kind of got taken away."

After Sisson graduates and the couple tie the knot, they plan to move to the Eastern Shore and into Sisson's great-grandfather's old home. She said she's excited to move onto the next stage of life and fully experience every moment together.

"I grew up going there and we'll get to make it our home and personalize it to us," Sisson said. "Just figuring it out together I think is what I'm most excited for. It's just all that time that we get to be side by side making decisions [and] doing little things."

Lindsey Parker and Robert Spitler

For Lindsey Parker, a senior political science major, there've been few constants. As a child of a military family, every new year was a fresh start with new friends, new places and new experiences. However, one of the constants over the last nine years has been her fiancé, Robert Spitler.

The pair met in eighth grade when Parker and her family moved to Pennsylvania. They were in the same friend group and began dating their freshman year of high school. They dated for two years in Pennsylvania until Parker had to move

again; this time to Sicily, Italy.

The two dated long distance for those two years with Parker making trips back to Pennsylvania for important events such as junior year homecoming, senior year prom and college searches.

"We picked colleges close together but we knew we were pursuing very different career paths and different degrees of learning," Parker said. "So we still picked the schools that were going to be best for what we wanted to do, but we tried to keep that distance in mind."

While closer than two different continents, Parker and Spitler continued to date long distance throughout college as Parker chose to attend JMU and Spitler went to Frostburg State University in Maryland.

"I think we had a good practice run being able to do distance in high school because we worked out a lot of, like, the kinks and the hardships of it," Parker said. "So by the time we got to college it was really just second nature."

Parker and Spitler got engaged in October last year, when Spitler made one of his many trips down to Harrisonburg. Spitler had planned on popping the question at Carter Mountain but they had not reserved tickets ahead of time, so his plan had to change.

"He was really flustered and I couldn't really understand why he was so flustered," Parker said.

After some improvisation, the couple got engaged later that night at a winery in Charlottesville, Virginia. They plan to have a long engagement and hope to have their wedding in the fall of 2023. For now, Parker hopes to enjoy their time together being engaged and looks forward to planning their wedding in the future.

"We've spent most of our dating life living apart in some capacity," Parker said. "So it'll be nice just to be able to be close all the time and kind of have a more normal, I guess, relationship and just experience that."

Morgan Knave and Ryan Crumpler

For Morgan Knave, a senior communication studies major, love came in the most unexpected of times. While many people were struggling to make a connection, Knave met her fiancé, Ryan Crumpler, online during the COVID-19 pandemic, and they immediately clicked. Because of this, their first dates weren't typical.

"Our first couple of dates were just watching 'The Office' and ordering Olive Garden in because that was when even restaurants weren't open," Knave said.

Their relationship quickly progressed and the couple moved in together later that year, starting their own family with their two dogs. They continued to bond, especially over watching TV shows together, and the couple got engaged in November.

At first, Knave believed the proposal was a joke, because Crumpler had made jokes about proposing before.

"He's very much a jokester," Knave said. "So, you know, the past month or so leading up to it we would make jokes about it."

So when her fiancé got on one knee to ask her a question, she doubted it until he pulled out a ring box. However, when he opened the cover and it wasn't a ring but a RingPop, she played into the joke as usual, accepting it and moving on. However, he stopped her once more and opened a mint box, this time with the real ring.

The couple plans to get married this upcoming May before Knave starts graduate school at Bridgewater College. The future contains many firsts as they plan to move into their own home and start their lives together. While 2020 was

acclaimed as one of the worst years for many, 2020 was a year of discovery of firsts and love for Knave and Crumpler.

"People always say when you know you know," Knave said. "I didn't really believe that until I experienced it."

Madison Chandler and Christian Masters

Madison Chandler, a senior interdisciplinary studies major, is breaking away from the mold. Her wedding in June later this year will be the first wedding on her mother's side

of the family in three generations, as those before her have eloped rather than having a traditional ceremony. To say it has excited her family would be an understatement and she has found a wedding planning partner in the most unexpected of places.

"My mom's dad is having the time of his life planning this wedding with me," Chandler said. "He is basically, like, the wedding planner of my dreams."

Chandler and her fiancé, Christian Masters, have been dating since his high school graduation, which was the summer after her sophomore year of high school. After three years of long distance, the couple now live in Harrisonburg while Chandler finishes school.

Read the complete story on breezejmu.org.

CONTACT Camryn Finn at finnce@dukes.jmu.edu. For more on the culture, arts and lifestyle of the JMU and Harrisonburg communities, follow the culture desk on Twitter @Breeze_Culture.

"We've been apart long enough; I just want to be with him. So I see no reason to wait a year to plan a wedding, if we can do it in four months."

Samantha Magdaleno

Senior social work major



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Thursday, February 11, 2021

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National

attention

JMU is one of two schools to host College GameDay more than once. Breeze File Photos

JMU is the only team other than North Dakota State to win an FCS National Championship since 2011.

Five times when the nation got a glimpse at what JMU Nation is about

By **NOAH ZIEGLER**
The Breeze

It's no secret that JMU athletics has made a name for itself on the national stage in recent years, continuing the growing reputation that the Dukes hold. That increasing notoriety has come from various means, such as JMU nation showing out when ESPN's College GameDay came to town — or the second time it did — or by the Dukes' multiple national championships in recent years.

JMU has had the national spotlight many times, and it's earned the respect and fandom of many across the country. Here are five moments when the nation got to see what the school burrowed in the Shenandoah Valley was about.

College GameDay comes to Harrisonburg

When it comes to passionate fan bases, it'll be hard to find one more ardent than JMU nation. Dukes fans got the ultimate opportunity to showcase their love when ESPN announced it'd bring its popular show College GameDay to JMU.

It was the result of a perfect alignment for the GameDay crew to showcase the Dukes. It was a Homecoming game against then-No. 11 Richmond, and JMU had already made national headlines when it defeated SMU 48-45 in dramatic fashion.

When Oct. 24, 2015, came and ESPN went live to Harrisonburg, the Dukes' faithful did more than show out — it impressed the nation with its numbers and passion, doing more than earning the national spotlight.

"Words can't describe what that scene was," Lee Fitting ('96) said in 2015. "That was, without bias, the greatest scene we've ever had for a show. It was unbelievable."

Fitting was the show's producer in 2015 and had seen the many schools the show stops at during the college football season. While Richmond won the game later that day 59-49, it still was a momentous day in the rise of JMU athletics. However, in 2017, Dukes fans got

their chance to run it back.

Two years later, GameDay makes a triumphant return

After a successful first go at hosting College GameDay, the show came back to Harrisonburg for the Dukes' matchup against then-No. 11 Villanova. JMU entered the game 5-0 (2-0 CAA), including a 34-14 win over East Carolina.

In 2015, JMU football was a program on the rise but was still looking for a deep run in the FCS playoffs to solidify its place in the higher ranks. The next season saw the Dukes win the 2016 National Championship — including a famous win over North Dakota State in the semifinal — and then open the 2017 campaign with a win over an FBS opponent.

"It was a combination of JMU being one of the top programs in the FCS," Associate Athletic Director for Communications Kevin Warner said in 2017. "And also having some good stories to tell of some of our student athletes and Coach Houston. But on top of that, it was everything else falling into place with other games around the country going our way in terms of wins and losses that made us the top destination for this week."

Around 14,000 students, alumni and fans congregated on the Quad and once again showed the pride JMU nation has for its beloved Dukes. To cap the evening, JMU continued its undefeated season and defeated Villanova 30-8. The Dukes would go on to make the title game that year, but fell to NDSU 17-13.

Lacrosse earns respect, wins 2018 National Championship

No matter who a fan's allegiance belongs to, anyone can get behind the mid-major who dances its way through a postseason tournament. But the 2018 JMU lacrosse Dukes weren't a low seed making shocking upsets in the NCAA Division I Women's Lacrosse Championship — it was the No. 3 seed coming in with one of the best resumes in the country.

JMU began the 2018 slate with a 15-14 double overtime win over No. 3 North Carolina, starting a win streak that grew to eight before the Dukes fell to No. 4 Maryland 15-12. Then, JMU rattled off eight more wins to complete the regular season and two more to win the CAA championship.

The NCAA Women's Lacrosse Championship paired the Dukes with in-state rival Virginia in the first round. JMU won 15-12, setting up a showdown with No. 6 Florida. The Gators couldn't knock off the Dukes, meaning a rematch with UNC was in the cards.

JMU held off the Tar Heels by three goals and earned its first ever national championship appearance. The final opponent that stood in the way of the Dukes' first title was No. 4 Boston College, the sixth ACC opponent JMU faced that year.

The game saw four lead changes and many runs that kept fans on the edge of their seats, but the Dukes came out victorious by a slim 16-15 margin.

"It's so surreal that this is actually happening," then-senior attacker Kristen Gaudian said to reporters after the game. "But it just shows all of our hard work the last four years is finally paying off. It's really big for lacrosse in general, and the fact that JMU was ranked 17th in preseason and now we just won the national championship is pretty incredible."

Softball goes toe-to-toe with LSU in Super Regionals

JMU softball had grown into one of the most dominant teams in the CAA. That was displayed on one of the biggest stages in collegiate softball: the Super Regionals.

Entering the postseason as No. 7, the Dukes were one of the most powerful teams in the country. In the Harrisonburg regional, JMU beat Princeton 7-0, UNC 10-1 (six innings) and Longwood 5-1. At that point, the Dukes were 49-4 and had its sight set on national glory.

But a tall task stood in their way: No. 10 LSU came to Harrisonburg looking to play spoiler. Excitement around JMU softball grew to the point of expanding Veterans Memorial Park with temporary bleachers.

The series started with delirium as former infielder Jessica Mrozek knocked a walk-off single into right field to give JMU the 3-2 victory and a 1-0 series lead. The Dukes were a game away from heading to the Women's College World Series, but a 2-0 and 3-2 loss stunned the hosts and gave the Tigers its second consecutive WCWS appearance.

While it wasn't the result JMU fans wanted, it proved the Dukes were able to compete with any opponent it faces. Since then, JMU softball made the NCAA Regional Round in 2017 and 2018 and made a return to the Super Regionals in 2019.

"He wants six, he's got six!"

JMU football defeating North Dakota State in the 2016 FCS Playoff semifinals is one of the many iconic victories in the program's history.

The then five-time defending champion Bison looked to continue its dominance as former JMU head coach Mike Houston wanted to shock the nation. It did just that, and it did it in dramatic fashion.

After falling behind 17-0, NDSU clawed its way back and tied the game at 17. JMU responded with Tyler Gray's career-long 45-yard field goal, and then with seven minutes remaining in the game, quarterback Bryan Schor found wide receiver John Miller in the end zone to finish the Bison's streak of national titles.

JMU would go on to defeat Youngstown State in the FCS National Championship, putting a bow on a dream season for Dukes fans. Miller has since returned to the program, being announced as the running backs coach in January.

CONTACT Noah Ziegler at breezesports@gmail.com. For more coverage, follow the sports desk on Twitter @TheBreezeSports.

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The Breeze

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Thursday, February 11, 2021

Stay in the purple land



Kayla Cooper Williams celebrates as she comes about for the starting lineup Nov. 13, 2019. Breeze File Photo



Cooper Williams was named graduate assistant in August 2020. Courtesy of JMU Athletics

Cooper Williams transitions from player to coach on women's basketball

By SAVANNAH REGER
The Breeze

Kayla Cooper Williams walked off the court at the JMU Convocation Center, covered in streamers, after a win against Delaware her senior night. She was all business, of course, in her post-game press conference and was ready to move forward to the CAA tournament.

That tournament was canceled because of COVID-19 and Cooper Williams never wore the purple and gold again, or so she thought.

"It's the place I've played," Cooper Williams said. "I'm learning so much from them [JMU women's basketball] and I just felt like these coaches and this staff would be the people to teach me how to do that [learn how to be a coach]."

Cooper Williams joined JMU women's basketball coaching staff in August 2020 as a graduate assistant, and got her second chance to be part of the team that she'd been with since the 2015-16 season.

During her career at JMU, Cooper Williams was the 2015-16 CAA Rookie of the Year, a three-time CAA All-Defensive team selection and a back-to-back CAA Defensive Player of the Year for 2019 and 2020. She has the program record in blocks at 314 and is third all-time in rebounds with 1,095.

"She's always been a coach on the floor," head coach Sean O'Regan said. "The players respected her on the floor, prior to her coaching position."

After graduating from JMU, Cooper Williams took a graduate assistant position in August 2020 with women's basketball. She described the adjustment as different from player to coach but understands why.

"Our team is very close, so as a player you would go out to dinner all the time," Cooper Williams said. "I can't do that now as a staff member and I had to create some type of boundaries."

Cooper Williams moved into her new role quickly and efficiently. Instead of controlling rebounds and marking up the scoresheet, she manages the recruiting social media accounts and works with recruiting mailouts and graphics. Cooper Williams also assists

on the court with post plays, including sophomore forward Rayne Tucker.

Tucker bloomed toward the end of the 2019-20 season as a freshman, making the CAA All-Rookie team and earned her first double-double against Delaware — the same game that was Cooper Williams' senior night. Now that Tucker has taken Cooper Williams' position on the team, they work better to improve on both ends of the court.

"It's learning based on what she's saying," Tucker said. "I feel like our relationship's still the same [compared to last year]."

Even with her leadership skills on and off the court, Cooper Williams learned coaching a team versus playing for one is a whole different experience. With a degree in sport and recreation management, Cooper Williams explained that coaching for the

first time is like stepping onto the court for the first time: it's a learning experience.

"[I've just learned] how to approach working with different players," Cooper Williams said. "To understand how to get the best out of each player has been hard."

Cooper Williams was a leader on the court during her years at JMU. The current graduate assistant was a captain her

senior year and though she wasn't as vocal as her fellow senior last season, Kamiah Smalls, she directed players up and down the court and set up plays.

Her teammates listened to her and followed her example. It made Cooper Williams a natural leader, working with her team again drew her to coaching at her alma mater. O'Regan described that trait as something he wanted for the young Dukes team.

"[Kayla] was a really good leader last year for us," Tucker said. "It's not only me ... she helps all of us."

Cooper Williams has pride in her alma mater, and that spirit drew her back to Harrisonburg. She loves the culture, the town and the team. Wherever she ends up, her future is bright and the Dukes have her back.

CONTACT Savannah Reger breezesports@gmail.com. For more sports coverage, follow the sports desk on Twitter @TheBreezeSports.



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Bond through a bowl

Swim and Dive uses fishbowl techniques to bond during a shortened season

By **MADISON HRICIK**
The Breeze

The first thing to notice after walking into Savage Natatorium is the pool deck lined with paper banners and star-shaped sticky notes. These displays are a part of JMU swim and dive's fishbowl, a verbal and visual bonding exercise the team completes weekly during the season. From compliments to inside jokes, the athletes write down everything teammates may need to hear.

Before or after each practice session, the team has the option to write down words of encouragement to others on multicolored sticky notes. After writing down the compliment the note is folded up and placed inside a fishbowl to be opened later in the week.

At the final practice before the weekend, team members sit around together and go through each note sharing the special moments throughout the week. Once all the notes are shared, the women hang them inside their lockers as little reminders about the hardwork and dedication the team has toward each other.

"The girls, when they see someone do well, write a note congratulating them or encouraging them," head coach Dane Pederson said. "The gamut is wide but the idea is just positive feedback from your teammates and peers."

The fishbowl tradition has been in place for over 14 seasons, and was originally set up by the athletes. Pederson took advantage of the bonding exercise and helped foster it to become a staple part of the Dukes' routine. Swimmers and divers alike take part in the tradition and feel its impact immediately.

"It's something that's been passed down from team to team," Pederson said. "It's been done in a lot of different formats but the meaning has stayed the same for the team."

Although a simple team building exercise, fishbowl was a new concept to many athletes upon their arrival. Travel swim teams typically focus on individual performance during meets, making full team bonding different from the activities JMU holds. In some cases, coach feedback for each athlete is what bonding entails, but it's entirely dependent on the team's needs.

"I hadn't done anything like a fishbowl

before I got to JMU," sophomore backstroker Isabel Anbar said. "But I felt the love immediately and it was so easy to write it down and say it to everyone."

The Dukes use the fishbowl as a way to push through their practices and meets. Notes from teammates commenting on a new personal best time or even making jokes to make everyone smile are there to welcome new members and foster team chemistry.

"During practices we often yell fishbowls at each other as well," senior diver Emily Gross said. "When I got to my first fishbowl we had already done stuff like that already, so it made it much easier since you were writing down what we would say in practice."

With COVID-19 changing team bonding activities, the fishbowl has become a necessity for JMU. On the pool deck, a large white banner hangs across the wall covered in Sharpie, photos and brightly colored star-shaped sticky notes. Despite the different layout, the delivery and bonding remains constant.

"This year, with everything going on, we really needed something to boost us, so we used the posters around the pool," Gross

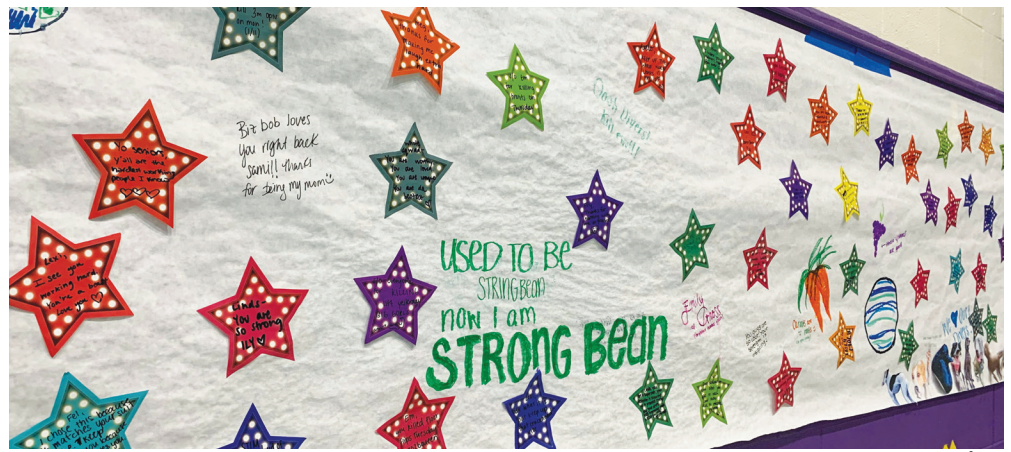
said. "You can see people go up and write on it and interact with people as you do it, and it really helps us with the structure."

JMU continues to hold its fishbowl meetings after practice despite this year's unpredictability. With only a few meets this season, the Dukes grew closer in practice than in previous years despite COVID-19 protocols. Swimmers and divers alike grow together through these messages, even sporting pictures of the team's dogs and cats from back home to bring everyday smiles.

"It makes me feel really loved and have that support system from the team," Anbar said. "I consider everyone on the team my family, so it makes me feel really special hearing things from them."

JMU swim and dive will return to Savage Natatorium Feb. 19 for the annual Duke Dog Invite. The banner will hang on the pool deck during the invite for swimmers and fans to see.

CONTACT Madison Hricik at hricikmn@dukes.jmu.edu. For more swim and dive coverage, follow The Breeze Sports on Twitter @TheBreezeSports.



The poster at Savage Natatorium shows the compliments written during the fishbowl team bonding exercise. Courtesy of JMU Athletics

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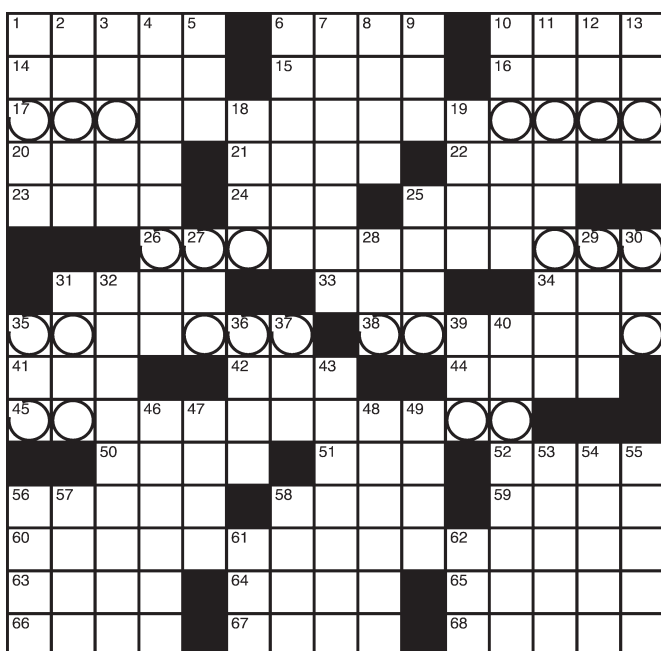
FOR RELEASE FEBRUARY 11, 2021

Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

ACROSS

- 1 Appreciate
6 Goat of the Alps
10 Fine cotton
14 Turing and Cumming
15 Resentful
16 Screen image
17 Security perimeter feature
20 Extraction by rescue copter, e.g.
21 Contented sighs
22 Helpful
23 Like the lawn at dawn
24 Camping gear retailer with an #OptOutside campaign
25 "Seasons in the Sun" songwriter
26 Formally begins, as a meeting
31 Clutch
33 Lightkeeper's view
34 Afore
35 Successfully lured
38 High-intensity light source
41 "Much ___ About Nothing": "The Simpsons" episode
42 Have a good cry
44 Pocket bread
45 Navy Cross recipient, for one
50 "Buy It Now" site
51 Best-liked, online
52 Nearly here
56 "That's enough!"
58 Peruse, with "over"
59 ___-deep: very involved
60 Self-taught creators, in modern lingo, and a hint to each set of circles
63 Mystery writer Gardner
64 "The Hobbit" soldiers
65 Starts a pot
66 ___ Inn
67 Pool strikers
68 So-so effort, in sports

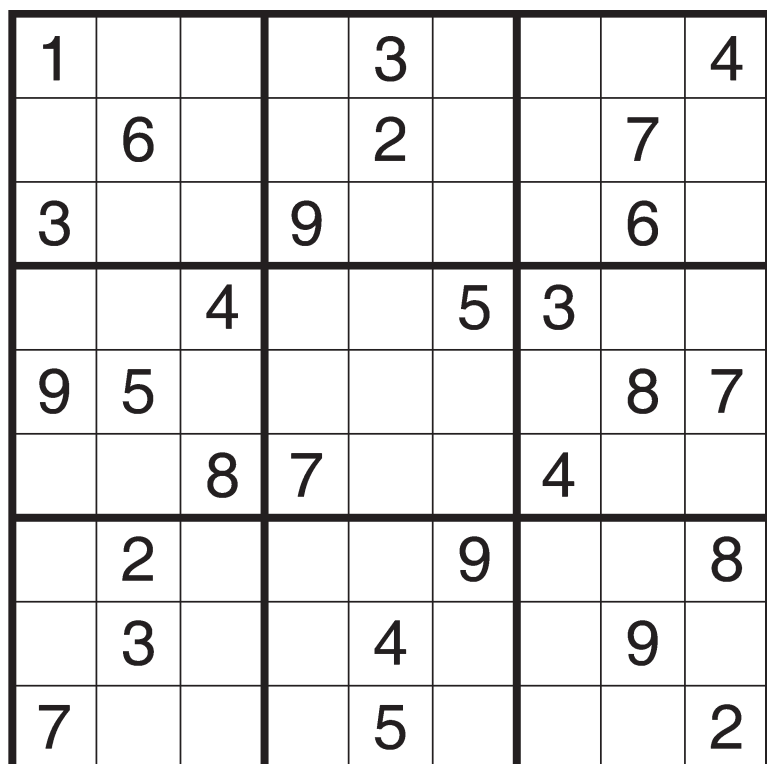


By Chuck Deodene

2/11/21

DOWN

- 1 Used Juul pods
2 "___ Supreme": classic Coltrane album
3 Old NBC legal drama
4 Street performer's vehicle
5 PC key
6 Holy Land nation
7 ["You need new glasses, ump!"]
8 Low nos. for aces
9 Crossed (out)
10 Filch
11 Lukewarm "You hungry?" reply
12 Comfy shoes
13 German tennis player Huber
18 British peer
19 NYC division
25 Piglet's dad
27 "Just ___ water"
28 Sun ___
29 Humorist Bombeck
30 One ab crunch, say
31 Native Arizonans
32 In a luxurious manner
35 Sheep's dad
36 Words of surprise
37 Easter lead-in?
39 EMT skill
40 Pride Rock monarch
43 Using coercion
46 Hieroglyphics
47 Filmmaker Jacques
48 Beset
49 At any time
53 App with pics
54 Order to a Western posse
55 "Siddhartha" author
56 Like dorms for men and women
57 Radiance
58 Lake Titicaca is partly in it
61 MRI interpreter
62 Browser window feature

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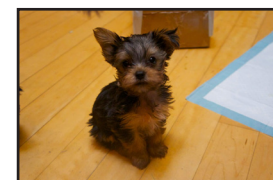
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**EVENTS****The Society for Women and the Civil War to Host Annual Conference at JMU**

The Society for Women and the Civil War (www.SWCW.org) will host its 2021 conference at the Hotel Madison and Shenandoah Valley Conference Center, James Madison University, July 23-25. Student memberships are available. The keynote speaker will be Jonathan A. Noyolas, Director of the McCormick Civil War Institute, Shenandoah University.

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